



COVID-19 update

The health and safety of staff and clients is our top priority

Thursday 3 September 2020

AGILE WEEK – GREEN TEAM

[Staff updates page](#) | [Health and Wellbeing Team initiatives](#)

Dear mind

Your mental wellbeing is as important as ever. Taking a few moments for yourself each day will help you be a happier and more resilient you. Discover [mental wellbeing support, activities and resources](#) from Queensland Health to give you the six building blocks to a better you.

Now that spring is here, why not [embrace nature](#) over the next week? Step outside, connect with the natural world and seek out some sunshine. Studies have shown that spending time in nature can improve your mood and reduce stress.

Take care Thursdays — let's get physical!

Can you carve out 10 minutes each day for some [Deskercise](#)? Give it a go on your own or with your team: it's a fun way to connect and increase your strength and flexibility (leg warmers optional).

Incorporating exercises or stretches into your daily routine will make your work day go faster, and you'll also stimulate neurological function allowing you to think more clearly — bonus! While you're "working out", turn on the Health and Wellbeing Team's new [Spotify playlist](#): a curated selection of their favourite songs to help get you moving and grooving (and probably giggling).

Remember, your [Health and Wellbeing Team](#) are [leading a great range of initiatives](#) to support all staff in the current COVID-19 environment. Find out [what's coming up](#).

Chit chat with the CEO

Feel free to drop in and chat with me [via Teams](#) (for the first time!) on Wednesday 9 September from 2–2.30pm. You are welcome to ask me about anything. Hopefully I will have a ready response — if not, I will follow up for you.

Vicki